

DEPARTMENT OF COMMERCE

LIGHTHOUSE SERVICE

LIST OF REMEDIES MENTIONED IN THE MEDICAL HANDBOOK OF THE UNITED STATES
LIGHTHOUSE SERVICE AND THEIR USES.¹

[DOSES.—Unless otherwise stated, the doses stated herein are intended for adults. To determine the dose for children, add 12 to the age of the child and divide the age of the child by this sum. This fraction will represent the size of dose compared with that for an adult. For example, a child 6 years old will require

$$\frac{6}{6+12} = \frac{6}{18} \text{ or one-third of the adult dose.}$$

CAUTION.—Preparations containing opium, such as laudanum, paregoric, camphor and opium pills, Sun Cholera Mixture tablets, etc., should not be used except where absolutely necessary, as their continued use is liable to produce the drug habit.]

Absorbent cotton.—Useful as a dressing for burns, scalds, blisters, and wounds.

Alcohol.—Externally is useful as a mild antiseptic wash for wounds. As a liniment, pure or diluted with from 1 to 3 parts of water, is cooling and stimulating.

Alum.—Externally useful when applied pure or in solution (1 teaspoonful to a cupful of water) to stop bleeding from a wound, also nosebleed.

Aromatic spirit of ammonia.—Useful in hysteria, faintness, headache, flatulent colic, nervous debility, and as a stimulant in shock. Dose: $\frac{1}{2}$ to 1 teaspoonful in water every half hour until three doses are taken.

Aspirin (5-grain tablets).—Useful in rheumatism, neuralgia, and headache. Dose: 1 to 2 tablets with hot water or tea every three hours. Do not take more than three doses.

Belladonna plaster.—Useful in coughs, colds, rheumatism in joints and arms, lumbago, and all pains in small of back. Should be worn only long enough to have the desired effect. If the throat becomes dry or the pupils dilated, indicating belladonna poisoning, the plaster should be removed.

Bicarbonate of soda (baking soda).—Internally useful in sour stomach and heartburn. Dose: $\frac{1}{2}$ to 1 teaspoonful in half tumbler of water. Repeat in half an hour if necessary.

Bichloride of mercury tablets (poison) (7.3 grains each).—One tablet dissolved in from 2 to 5 pints of water makes a powerful and efficient solution for washing and dressing wounds, sores, and boils. Do not use internally.

Bismuth subnitrate (5-grain tablets).—Useful in dysentery, diarrhea, and heartburn. Dose: 2 to 4 tablets every three hours. (Crush before taking.)

Borax.—Useful in sore mouth. One tablespoonful dissolved in a pint of water and used as a mouth wash several times a day.

Boric acid (boracic acid).—One-half teaspoonful may be dissolved in a glass of water and used as a lotion for the eyes or ears.

Bromide of potash (5-grain tablets).—Useful in neurasthenia, convulsions, and delirium tremens. Dose: 3 to 5 tablets dissolved in water three times a day.

Brown-mixture lozenges.—Useful in bronchitis, coughs, and colds. Dose: 1 lozenge allowed to dissolve slowly in mouth; to be repeated as required.

¹ Prepared by direction of the Surgeon General, United States Public Health Service.

Calomel ($\frac{1}{10}$ -grain tablets).—Useful in constipation and dysentery. Dose for adults and children: Take 2 tablets every 15 minutes until 20 tablets are taken. When from 4 to 6 hours have elapsed a Seidlitz powder or a dose of Rochelle or Epsom salt should be taken. The dose of the Seidlitz powder or salts should be proportionate to the age of the patient.

Camphor and opium pills (poison).—Useful in relieving pain in diarrhea and dysentery. Dose: 1 pill every three hours until 4 are taken.

Camphorated oil (for external use only).—In sprains, bruises, neuralgia, rheumatism, and pains and swellings of the breasts or joints it should be gently rubbed on the painful part. Applied on hot flannel to chest and neck for colds.

Carbolic acid, liquid (poison).—Useful as an antiseptic and disinfectant when mixed in the proportion of 1 part of acid to 15 or 20 parts of hot water. Useful without dilution to arrest the development of boils and carbuncles and as an application to ulcers and venereal sores. Should be applied cautiously. The surface should be merely touched with a small piece of cotton moistened with a drop of the acid, care being taken not to burn the surrounding skin. Do not use internally.

Castor oil.—Useful in constipation. Dose: 1 to 2 tablespoonfuls.

Charcoal.—Useful in gas in stomach and dyspepsia attended with bad breath. Dose: $\frac{1}{3}$ to 1 teaspoonful as often as required.

Chlorate of potash (5-grain tablets).—Useful in sore throat and sores in mouth. Directions: Dissolve 5 or 6 tablets in a wineglass of water and use as a gargle or mouth wash.

Compound cathartic pills, vegetable.—Useful in constipation. Dose: 1 to 3 pills at night.

Copaiba (5-minim capsules).—Useful in gonorrhea and inflammation of the bladder. Dose: 1 or 2 capsules three times a day.

Cream of tartar.—In small doses (1 to 2 teaspoonfuls in sweetened water) acts as a cooling aperient, gently opening bowels. In large doses (1 to 2 tablespoonfuls) is a hydrogogue cathartic, causing free, watery stools.

Creosote, beechwood (poison).—Useful in toothache; 1 or 2 drops on a piece of absorbent cotton introduced into the clean cavity, care being taken that it does not come in contact with the gums, tongue, or cheek. Do not use internally.

Dobell's solution.—Useful as an antiseptic wash or spray for nose and throat in nasal catarrh and bronchitis.

Epsom salt.—Useful in constipation and dysentery. Dose: 1 to 2 tablespoonfuls dissolved in as little water as possible. A little lemon juice and sugar may be added to disguise, somewhat, its bitter taste.

Essence Jamaica ginger.—Useful in cramps, colic, indigestion, and gas in stomach. Dose: 1 teaspoonful in sweetened water.

Essence of peppermint.—Useful in cramps, colds, gas in stomach, and colic. Dose: 10 drops to $\frac{1}{2}$ teaspoonful in sweetened water or on sugar. Externally is useful in rheumatism, neuralgia, and toothache.

Essence of pepsin.—Useful in indigestion. Dose: 1 teaspoonful or more.

Flaxseed meal.—Useful as hot poultice to apply to boils and felons. Compresses wet with hot bichloride solution, 1 tablet to 5 pints of hot water, are better. To prepare flaxseed poultice a receptacle containing boiling water should be placed on the fire, the flaxseed meal should be gradually added and constantly stirred until the batter is jellylike. This should be evenly spread, with a thickness of from $\frac{1}{4}$ to $\frac{1}{2}$ inch, to within 2 or 3 inches of the border of a cloth prepared for that purpose by folding in two or three layers. To prevent the poultice from adhering to the skin any of the following may be placed on its surface: Gauze, mosquito netting, cheesecloth, vaseline, or sweet oil.

Formalin (poison).—Used as a disinfectant generally in connection with permanganate of potash, as follows: For every 1,000 cubic feet of room space to be disinfected use $\frac{1}{2}$ pound of permanganate of potash, powder or crystals, and from 1 to $1\frac{1}{4}$ pints of formalin. Add the permanganate of potash to the formalin contained in a deep tin pail. Effervescence begins at once, the room is tightly closed, and the operation is over in about 10 minutes. After 12 hours the room is opened and the odor removed by sprinkling ammonia.

Glycerin.—Is a mild and healing application for sores, chaps, etc. When mixed with an equal quantity of water is useful in earache, hard, irritated, or feverish skin, chapped face or hands, split lips, and chafing.

Iodide of potash (5-grain tablets).—Useful in syphilis. Dose: 1 tablet dissolved in water three times a day after meals.

Laudanum (poison).—Useful in easing pain in dysentery and cholera morbus. Dose: 5 to 10 drops.

Lead and opium wash (poison) (shake well before using).—Soothing external application in sprains and bruises.

Lemon juice.—Useful in fevers and inflammatory complaints. Hot lemonade on retiring is useful to aid in the relief of a cold in its first stages.

Lime water.—Internally is useful in soothing sick stomach, heartburn, diarrhea, and in dyspepsia attended with acidity of the stomach. Dose: 1 to 3 tablespoonfuls. For sick stomach, to be repeated after each effort to vomit. Externally as liniment (mixed with an equal quantity of linseed, cottonseed, or olive oil) for burns and scalds.

Magnesia, calcined, heavy.—Useful in sick headache, dyspepsia, sour stomach, and heartburn. Dose: $\frac{1}{3}$ to 1 teaspoonful twice a day, and being mildly laxative, for constipation in doses of $\frac{1}{2}$ to 1 teaspoonful.

Mustard.—Externally is useful to draw the blood to the surface in case of pain where skin is not broken. Should be employed as a plaster or poultice, made as follows: 1 part of mustard is thoroughly mixed with from 2 to 4 parts of flour and made into a paste by the addition of a small amount of tepid water. This is then spread thinly to within 1 or 2 inches of the border of a cloth prepared by folding in two or three layers of old cotton cloth. The amount of mustard depends upon the degree of pain, the age of the patient, etc. Care should be taken that the mustard does not blister the skin. As a rule, mustard plasters or poultices should not be applied to children and old people, as they may blister the surface. Internally given to produce vomiting, 1 tablespoonful stirred to a cream with a cupful of tepid water.

Oil of cloves (poison).—Useful in toothache, being applied the same as creosote. (See above.)

Olive oil (sweet oil).—Internally is useful in constipation. Dose: 2 to 3 tablespoonfuls. Externally is a soothing application to blistered, burned, scalded, or other injured surfaces, also to piles.

Paregoric (poison).—Useful in quieting cough and relieving pain in the stomach and bowels and to check diarrhea. Dose: 1 to 2 teaspoonfuls.

Permanganate of potash.—Useful in gonorrhea as an injection: $\frac{1}{4}$ teaspoonful dissolved in 2 quarts of water. One teaspoonful to a quart of water makes an efficient wash for perspiring feet. Useful in snake-bites in the form of a concentrated solution which should be injected freely and immediately into and around the part which has been bitten. Useful as a general antiseptic in solution (1 tablespoonful dissolved in a quart of water). As a disinfectant, see "Formalin."

Peroxide of hydrogen solution.—Is cleansing and slightly antiseptic. Useful as a gargle in sore throat, diluted with an equal quantity of water. Useful to apply to wounds, boils, and abscesses, after diluting with from 1 to 3 parts of water.

Picric acid (poison) ($\frac{1}{2}$ per cent solution).—Useful to wet dressings with, as an application to burns.

Quinine sulphate (5-grain tablets).—Useful in malaria, colds, and as a general bitter tonic. Dose: 1 tablet three times daily. Dose as tonic: $\frac{1}{2}$ of a tablet three times a day.

Salicylate of soda (5-grain tablets).—Useful in rheumatism, neuralgia, and headache. Dose: 1 to 2 tablets every three hours.

Salol (5-grain tablets).—Useful in diarrhea, dysentery, rheumatism, and fermentative dyspepsia. Dose: 1 tablet three times a day.

Syrup of ipecac.—Useful in croup, bronchitis, cough, and hiccough. Dose: 10 drops every three hours. Also used to produce vomiting in doses of 1 to 2 tablespoonfuls.

Soap liniment (for external use only).—Useful in rheumatism, sprains, and bruises.

Spirit of camphor.—Internally is useful in nervous diarrhea, colic, and cramps. Dose: 5 to 30 drops, first added to sugar and then mixed with water.

Strychnine sulphate (poison) ($\frac{1}{60}$ -grain tablets).—Is a bitter tonic and stimulant and is useful in anæmia and dyspepsia. Dose: 1 tablet three times a day.

Sun Cholera Mixture (poison) (15-minim tablets).—Useful in diarrhea, dysentery, and cholera morbus. Dose: 1 tablet.

Sweet spirit of niter.—Useful in fevers, flatulent colic, and colds. Dose: $\frac{1}{2}$ teaspoonful in sweetened water every four hours.

Tannic acid (tannin).—Useful in hemorrhages from external surfaces or from mucous membrane which can be reached from without. Applied either pure or in solution in water or glycerin. Useful as an application wherever powerful astringent action is needed.

Tincture of green soap.—Cleansing hands.

Tincture of iodine (poison) (for external use only).—Useful to disinfect wounds; should be diluted with an equal quantity of alcohol or water. If painted over inflamed surfaces, will sometimes be of value.

Tincture of iron.—Useful as a tonic. Dose: 10 drops largely diluted with water, three times a day. Rinse mouth after taking. Should be taken through a straw.

Tincture of myrrh.—Useful in diseased gums and sore throat. Directions: For spongy and bleeding gums, apply with a sponge or soft brush. For sore throat, use as a gargle, 1 teaspoonful in a cupful of water.

Turpentine.—Used in the form of hot turpentine stupes in typhoid fever, pneumonia, colds, bronchitis, lumbago, pleurisy, and inflammation of the bowels. The stupes are prepared by wringing a double layer of thin flannel out of hot water with which a teaspoonful of turpentine has been mixed. These applications should not be prepared too close to a fire on account of the inflammability of the turpentine.

Unguentine.—Useful in burns, scalds, and inflammation. Spread on linen or cotton cloth and apply.

Vaseline.—Internally and externally useful for the relief of cold in the chest. Externally useful in cold in the head, soothing irritated surfaces, burns, and scalds, and as a protective dressing.

Zinc sulphate (poison).—Useful in gonorrhea as an injection, made in the proportion of $\frac{1}{4}$ teaspoonful to 1 pint of water. Is given internally in doses of $\frac{1}{4}$ to $\frac{1}{2}$ teaspoonful dissolved in water to produce vomiting.